

Walking Journal

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I am Tracking by: Steps _____ Minutes _____

(Choose one)

Name: _____

Week 1

April 5: _____
April 6: _____
April 7: _____
April 8: _____
April 9: _____
April 10: _____
April 11: _____

Total _____

Week 2

April 12: _____
April 13: _____
April 14: _____
April 15: _____
April 16: _____
April 17: _____
April 18: _____

Total _____

Week 3

April 19: _____
April 20: _____
April 21: _____
April 22: _____
April 23: _____
April 24: _____
April 25: _____

Total _____

Week 4

April 26: _____
April 27: _____
April 28: _____
April 29: _____
April 30: _____
May 1: _____
May 2: _____

Total _____

Week 5

May 3: _____
May 4: _____
May 5: _____
May 6: _____
May 7: _____
May 8: _____
May 9: _____

Total _____

Week 6

May 10: _____
May 11: _____
May 12: _____
May 13: _____
May 14: _____
May 15: _____
May 16: _____

Total _____

Week 7

May 17: _____
May 18: _____
May 19: _____
May 20: _____
May 21: _____
May 22: _____
May 23: _____

Total _____

Week 8

May 24: _____
May 25: _____
May 26: _____
May 27: _____
May 28: _____
May 29: _____
May 30: _____

Total _____

Week 9

May 31: _____
June 1: _____
June 2: _____
June 3: _____
June 4: _____
June 5: _____
June 6: _____

Total _____

Week 10

June 7: _____
June 8: _____
June 9: _____
June 10: _____
June 11: _____
June 12: _____
June 13: _____

Total _____

Week 11

June 14: _____
June 15: _____
June 16: _____
June 17: _____
June 18: _____
June 19: _____
June 20: _____

Total _____

Week 12

June 21: _____
June 22: _____
June 23: _____
June 24: _____
June 25: _____
June 26: _____
June 27: _____

Total _____

12 Week Grand Total: _____